

## **Coping With Disaster PSA (:60)**

This is a message from CDC.

It's natural to worry and feel stressed during and after disasters. Everyone reacts differently and your feelings will change throughout the emergency. Notice and accept your feelings. Take care of your emotional health during an emergency so you can think clearly and protect yourself and your family. Self-care during emergencies will help your long-term healing. Watch for these common signs of distress:

- Feelings of fear or anxiety;
- Changes in energy and activity levels;
- Difficulty concentrating, eating, or sleeping;
- Nightmares;
- Headaches, body pains, stomach problems, or skin rashes;
- Changes in alcohol, tobacco, or other drug use;
- Anger or short-temper.

If you experience any of these and are unable to carry out normal responsibilities because of them, get professional help.

For more information, visit [cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.